



**Stowmarket Swimming Club
No Frills Open Meet
13th & 14th December 2025**

3ER252115



No Frills 2025

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Venue	Mid Suffolk Leisure Centre Stowmarket Suffolk IP14 1LH
Pool	6 Lane Short Course Electronic Timing Free Parking
Date	Saturday 13 th & Sunday 14 th December 2025
Meet Promoters	Claire Harrison & Rebecca Fox Email sscmeetpromoter@gmail.com
Age Groups	9, 10, 11, 12, 13, 14, 15 & over
Events	50m Freestyle, Backstroke, Breaststroke, Butterfly 100m Freestyle, Backstroke, Breaststroke, Butterfly, I.M. 200m Freestyle, Backstroke, Breaststroke, Butterfly, I.M. 400m Freestyle and 400m I.M.
Fees	Race entry fee £6 per event (400 Freestyle & 400 I.M. £10) Coach and team manager passes free
Age on	14 th December 2025
Awards	No awards or medals
Closing date	15 th November 2025



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Meet Conditions & Information

Stowmarket Swimming Club

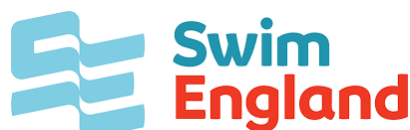
Affiliated to Swim England East Region and Swim England Suffolk

No Frills – 13th & 14th December 2025. Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 3 Licence 3ER252115

1. The meet will take place at Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket on 13th & 14th December 2025 and is licensed by Swim England at Level 3 under Licence No. 3ER252115
2. The meet will be run in accordance with held under Swim England Laws, Swim England Technical Rules of Swimming, and these conditions.
3. Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Technical Rules, and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to World Aquatics.
4. The promoters are Claire Harrison & Rebecca Fox on behalf of Stowmarket Swimming Club.
5. Entries may be made using Female/Male competition categories, as these are the recognised categories in the meet management software at this time. There will be a transition into the use of Female and Open/Male as the new competition categories following the implementation of the Swim England Transgender and Non-binary Competition Policy on the 1st September 2023.
6. The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female. To view the policy please visit <https://www.swimming.org/swimengland/swim-england-transgender-non-binary-competitionpolicy/>
7. The age groups are: 9, 10, 11, 12, 13, 14, 15/over
8. Ages are as at 14th December 2025.
9. No medals will be awarded at this meet.
10. The pool is 25m, 6 lanes with anti-wave devices in place and AOE will be used. The depth of the shallow end is 0.9m. A secondary strobe for the starting system is available.
11. Heats will be swum as mixed age with swimmers seeded by entry times.
12. Over the top starts may be used at the referee's discretion.
13. Cut-off times are provided and entries with No Time will not be accepted. Short course and converted long course times will be accepted.
14. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single electronic payment. Individual entries will only be accepted at the Promoter's discretion.
15. Individual entries will be accepted, on the condition the swimmer is supervised as per the Swim England Coaches and Team Managers/Chaperones policy SE1048. Where two or more competitors enter from the same club, entry shall be made using HYTEK Team Manager Lite and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the HYTEK website http://www.hytek ltd.com/Demos/Swim_Team_Manager_Lite.exe and the required Entry File for the meet will be available on the club website.





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16. If electronic entries are not being made, entry forms should be emailed to Sandra Chapman at sscmeetsecretary@gmail.com and payment made to by BACS, details: Sort code: 20 82 75 Account No. 83953130. An administration fee of £10.00 should be added to all individual entries.
17. Entries together with entry fees must be received by the Promoter by Friday 15th November 2025. The entry fee is £6.00 per event with the exception of the 400m Freestyle and 400m I.M which are £10 per event
18. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to club in question.
19. Accepted and rejected entries will be posted on the club website within 1 week of the closing date.
20. Swimmers must withdraw from events that they no longer wish to swim before the accepted entry lists are published. Withdrawals must be made by e-mail in advance. On the day withdrawals must be made prior to the warm up start time for each session, these will leave empty lanes. Refunds are not available for withdrawals after the accepted entries have been posted.
21. Coaches' passes are free of charge. There will be no entry to the poolside without a pass and passes must be worn at all times. All coaches, team managers and appointed volunteers attending poolside must be Swim England DBS checked, have a safeguarding certificate and suitable Team manager/coaching qualification. This check can be obtained free of charge via https://www.swimmingresults.org/member_options/. Stowmarket Swimming Club requests that all teams have sufficient coaches/team managers/chaperones to meet the requirements of the SE Team Manager, Coach and Chaperone policy which can be found here [Swim England Policy Documents | Member Resources \(swimming.org\)](#). Coaches lunches must be pre-ordered at a cost of £7.50 per person per day.
22. Every effort will be made to ensure the required number of qualified officials are in place to maintain the licensed status of the meet. However, in the unlikely event that the meet does not meet the licensing requirements due to a shortage of officials, the meet will still proceed as planned. Please note that no refunds will be issued in such circumstances.
23. Warm up protocol: The warm up sessions will be divided into equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
24. Results will be uploaded directly to Aquatics GB for entry into the national rankings database. Full results will be available to download on our website.
25. In accordance with Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter. Note that use of any mobile device in the changing rooms is absolutely forbidden. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media.
26. All participants must observe the safety precautions in operation at Mid Suffolk Leisure Centre. Neither the Promoter nor Stowmarket Swimming Club will be responsible for any loss or damage occurring during the meet.
27. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
28. Any matter not covered by these conditions will be determined by the Promoters and Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing.



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General information

Competitors must be suitably dressed and with the appropriate footwear whilst on poolside and in the swimmer waiting areas. No exterior footwear is allowed on poolside unless exclusively used for the purpose of poolside shoes. Swimmers walking elsewhere in the building must be wearing poolside shoes and warm clothing.

Spectators, officials and competitors are asked to familiarise themselves with the location of all emergency exits and must abide by any rules laid down by the venue management. There is a free car park available at the leisure centre. However, the spectator area is limited and as a result spectators will need to be cooperative with the organisers and may be restricted to comply with the health and safety requirements of the venue.

Coaches or Team Managers are responsible for the swimmers conduct at all times. By submitting an entry, competitors and coaches are agreeing to be bound by these rules. The promoters reserve the right to refuse admission to any person.

Stowmarket Swimming Club accepts no responsibility for loss or damage to personal property and requests that all persons remove their belongings if they leave the premises at any time. Any lost property not claimed from the announcer during the meet will be handed to Mid-Suffolk leisure centre Management for collection by the owner.

We kindly request that spectators, officials and competitors do not consume nuts or nut products at this meet.

Officials

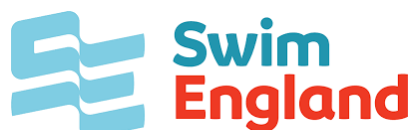
It takes a large team of officials to successfully run an open meet, and we'd be delighted to welcome you to officiate at our No Frills Meet.

We kindly ask that all visiting clubs encourage their officials to join our team for the event by completing the form linked below:

[Officials Signup – Swim Meet](#)

If you have any questions or need further information, please don't hesitate to contact **Phil Gadie** at ssofficialscoord@gmail.com

Thank you in advance for your support — we couldn't run the meet without you!



Programme

Saturday 13th December 2025

Session 1 – Warm-up 1:15pm, start TBC

- | | |
|-----------------------------|---------------------------------|
| 1. Female 200m Freestyle | 2. Male/Open 200m Freestyle |
| 3. Female 50m Butterfly | 4. Male/Open 50m Butterfly |
| 5. Female 100m Backstroke | 6. Male/Open 100m Backstroke |
| 7. Female 200m I.M. | 8. Male/Open 200m I.M. |
| ~ Interval ~ | ~ Interval ~ |
| 9. Female 100m Breaststroke | 10. Male/Open 100m Breaststroke |
| 11. Female 50m Backstroke | 12. Male/Open 50m Backstroke |
| 13. Female 400m Freestyle | 14. Male/Open 400m Freestyle |

Sunday 14th December 2025

Session 2 - Warm-up 8.00am, Start 9.15am

- | | |
|-----------------------------|--------------------------------|
| 15. Female 100m Freestyle | 16. Male/Open 100m Freestyle |
| 17. Female 200m Backstroke | 18. Male/Open 200m Backstroke |
| 19. Female 100m I.M. | 20. Male/Open 100m I.M. |
| 21. Female 50m Breaststroke | 22. Male/Open 50m Breaststroke |
| 23. Female 200m Butterfly | 24. Male/Open 200m Butterfly |

Session 3 - Warm-up TBC and start TBC

- | | |
|------------------------------|---------------------------------|
| 25. Female 100m Butterfly | 26. Male/Open 100m Butterfly |
| 27. Female 50m Freestyle | 28. Male/Open 50 Freestyle |
| 29. Female 200m Breaststroke | 30. Male/Open 200m Breaststroke |
| 31. Female 400m I.M. | 32. Male/Open 400m I.M. |

Please note, the 400 IM is open to 11yrs plus only, all other events are open to 9 year olds plus.

Upper Limit Times (not faster than)

Event	9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs		9 yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15+yrs
	<i>Male / Open</i>								<i>Female</i>						
50m Free	30.50	29.00	27.50	27.00	26.00	25.00	23.00		30.50	29.50	29.00	28.00	27.50	26.00	25.00
100m Free	1.11.00	1.07.00	1.04.00	1.01.50	58.00	55.00	52.00		1.11.00	1.08.00	1.05.50	1.02.50	1.01.00	58.50	56.50
200m Free	2.30.00	2.25.00	2.18.50	2.13.00	2.07.00	2.00.00	1.54.00		2.30.00	2.25.00	2.20.00	2.14.00	2.10.50	2.08.50	2.00.00
400m Free	5.20.00	5.10.00	4.58.00	4.50.00	4.35.00	4.25.00	4.05.00		5.20.00	5.10.00	5.00.00	4.55.00	4.45.00	4.35.00	4.20.00
50m Back	35.00	31.50	30.50	29.50	29.00	28.50	27.00		35.00	33.50	32.50	31.50	30.00	29.50	28.00
100m Back	1.19.00	1.15.50	1.11.00	1.09.50	1.05.00	1.02.00	57.00		1.20.00	1.15.50	1.13.00	1.10.00	1.08.00	1.05.00	1.02.00
200m Back	2.42.00	2.36.50	2.29.00	2.27.00	2.24.00	2.17.00	2.04.00		2.42.00	2.36.50	2.32.00	2.28.00	2.25.00	2.18.00	2.11.00
50m Breast	40.50	35.00	34.00	32.00	31.00	30.00	29.00		41.00	39.50	38.50	36.50	35.00	34.00	32.00
100m Breast	1.30.00	1.26.50	1.22.50	1.18.00	1.13.00	1.08.00	1.02.00		1.33.00	1.29.00	1.24.00	1.20.50	1.16.50	1.14.00	1.09.00
200m Breast	3.18.00	3.11.00	3.05.00	2.55.00	2.42.00	2.35.00	2.20.00		3.18.00	3.11.00	3.05.00	2.55.00	2.50.00	2.45.00	2.35.00
50m Fly	34.00	29.00	28.00	27.00	26.50	26.00	24.50		35.00	33.50	32.00	31.00	30.00	29.00	27.00
100m Fly	1.19.00	1.15.00	1.13.00	1.08.50	1.02.00	1.00.00	56.00		1.20.00	1.16.50	1.14.00	1.11.00	1.08.50	1.05.00	1.01.50
200m Fly	3.00.00	2.55.00	2.50.00	2.40.00	2.25.00	2.18.00	2.05.00		3.05.00	3.00.00	2.55.00	2.45.00	2.40.00	2.30.00	2.18.00
100m IM	1.16.00	1.12.00	1.10.50	1.07.00	1.04.50	1.02.50	58.00		1.18.00	1.14.50	1.11.50	1.08.50	1.07.00	1.05.50	1.03.50
200m IM	3.00.00	2.46.00	2.39.00	2.32.50	2.23.50	2.17.50	2.05.00		3.00.00	2.50.00	2.40.00	2.35.00	2.28.00	2.24.00	2.18.00
400m IM			5.50.00	5.40.00	5.10.00	4.55.0	4.25.00				5.50.00	5.40.00	5.30.00	5.15.00	4.55.00

Notes

Times submitted should be for the events entered and be personal best times achieved most recently prior to submitting the entry form.

Times submitted should be no faster than the limits shown in the table.

The Promoter has the right to accept swimmers with times outside these if there are good reasons.

No time entries are not permitted for this meet.

Please refer to the rules in conjunction with these limit times.

Times achieved from 01/01/2025 Age as at 15th December 2025.



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Individual Entry Form

Please note all swimmers (including individual swimmers) must be supervised in accordance with Swim England Coach/Team Manager/Chaperone policy.

Surname:	Forename:
Address:	
Postcode:	Phone Number:
Date of Birth:	Age at 15 th December 2025:
Female or Open/Male:	Swin England Number:
Email Address:	
Swimming Club:	

Saturday 13th December 2025 – Session 1

1	Female 200m Freestyle	2	Male/Open 200m Freestyle
3	Female 50m Butterfly	4	Male/Open 50m Butterfly
5	Female 100m Backstroke	6	Male/Open 100m Backstroke
7	Female 200m I.M.	8	Male/Open 200 I.M.
9	Female 100 Breaststroke	10	Male/Open 100 Breaststroke
11	Female 50m Backstroke	12	Male/Open 50m Backstroke
13	Female 400m Freestyle	14	Male/Open 400m Freestyle

Sunday 14th December 2025 – Session 2

15	Female 100m Freestyle	16	Male/Open 100m Freestyle
17	Female 200m Backstroke	18	Male/Open 200m Backstroke
19	Female 100m I.M.	20	Male/Open 100m I.M.
21	Female 50m Breaststroke	22	Male/Open 50m Breaststroke
23	Female 200m Butterfly	24	Male/Open 200m Butterfly

Sunday 14th December 2025 – Session 3

25	Female 100m Fly	26	Male/Open 100m Fly
27	Female 50m Freestyle	28	Male/Open 50m Freestyle
29	Female 200 Breaststroke	30	Male/Open 200m Breaststroke
31	Female 400m I.M.	32	Male/Open 400 I.M.

I confirm that the above information is correct, signed by Parent or Guardian if swimmer is under 18yrs old.

Entry Fee is £6 per event (400m Free & 400 IM £10 per event) plus £10 admin fee
Bacs payments to 208275 83953130

Total Entry fee =

Total =

Please return this form to Sandra Chapman sscmeetsecretary@gmail.com

Closing date for entries is **15th November 2025**, late entries will not be accepted without prior authorisation.





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Coach & Team Manager Pass

We have introduced a new process for Coach and Team Manager passes this year.

All Coaches and Team Managers must print their Swim England pass before attending the meet. There will be no facility to print passes at the venue.

Passes are free and can be accessed via the Swim England portal:

https://www.swimmingresults.org/member_options/

Using this process ensures that all coaching and team staff hold the necessary valid qualifications, helping to keep our swimmers safe.

Step-by-step instructions are available on the Meets page of our website.

Passes must be worn at all times.

There will be no access to poolside or swimmer areas without a valid pass.

Unauthorised individuals found in restricted areas will be asked to return to the spectator area or leave the venue, at the discretion of the Meet Promoter.

It is the responsibility of each visiting club to ensure they have sufficient Coaches and Team Managers/Chaperones in line with Swim England Policy SE1048 (dated 16.05.23).

Coach & Team Manager Food Order Form

Name of Swimming Club

Name	Special dietary Requirements
Total Cost @ £7.50 each =	

Please return this form by **Friday 14th November 2025** to Claire Harrison sscmeetpromoter@gmail.com





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Summary Form

Club Name

Club Contact Name

Address

Town

County

Postcode

Contact Number

Email Address

	Number		Total
Male/ Open Entries (excluding 400m events)		@ £6.00 each	£
Female Entries (excluding 400m events)		@ £6.00 each	£
400m Freestyle & 400m IM events		@ £10 each	£
Coach/TM pass (without food)		FREE	
Coach/TM pass (including food)		@ £7.50	£
Total money in one payment: £			

Please return summary and Hytek file to: Sandra Chapman, by email to sscmeetsecretary@gmail.com

Please return Coach and TM pass form to Claire Harrison, by email to sscmeetpromoter@gmail.com

Please make payment by BACS, details: Sort code: 20 82 75 Account No. 83953130, thank you.

Any questions?

General meet queries

Claire Harrison sscmeetpromoter@gmail.com

Entry submission and queries

Sandra Chapman sscmeetsecretary@gmail.com

Officials Queries

Phil Gadie sscofficialscoord@gmail.com

Closing date for entries is **Friday 14th November 2025**, late entries will not be accepted without prior authorisation.